



# SÉRGIO GARRIDO

## Software Engineer

I am focused on building scalable software solutions, applying AI-driven approaches, and leveraging my interdisciplinary expertise to solve complex problems. I am eager to contribute to innovative projects where I can merge my passion for technology, data, and human performance.

## EDUCATION

NOVA FCT - Universidade Nova de Lisboa  
Computer & Software Engineering | 2023 - 2026

FMH - Universidade de Lisboa  
Master's in High Performance Training | 2022 - 2024

FMH - Universidade de Lisboa  
Bachelor's in Sport's Science | 2016 - 2019

## LANGUAGES

Portuguese  
English

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gitHub.com/garrido02

Lisbon, Portugal

## EXPERIENCE

### Research Project Assistant

FMH - Universidade de Lisboa | 2023 - Present

- Applied AI-driven approaches to enhance research efficiency and data analysis methods across multiple projects.
- Supported the design, planning, and execution of diverse research initiatives.
- Mentored and trained junior researchers in research techniques, methodologies, and laboratory equipment use.

### Fitness Trainer

Holmes Place | 2019 - Present

- Delivered tailored one-to-one private workout sessions to support client fitness goals.
- Led group fitness classes with a focus on safety, efficiency, and participant engagement.
- Contributed to achieving and exceeding company performance targets through high client satisfaction and retention.

## CERTIFICATIONS

Artificial Intelligence with Python - 2025  
Introduction to Computer Science - 2023  
Web Development with Python & JS - 2023

All certifications issued by Harvard University,  
Cambridge, Massachusetts

## SKILLS

### Programming Languages & Skills

- Java
- Python
- C
- Machine Learning and Deep Learning
- SQL
- Statistical and Data Analysis